



## Fair Youth Center

1702 McLaughlin Ave., San José, 95122

Located on the campus of J. W. Fair Middle School

Phone: 408-947-1519

Fax: 408-972-1746

Supervisor: Carolyn Johnson

Email: carolyn.johnson@sanjoseca.gov

Bus Line: 72

Types of Programs: Recreation, special events, trips for youth 12-17 years old.

### S.T.A.N.D. Program

**Free**

The S.T.A.N.D. (Striving Towards Achievement with New Direction) Program assists youth in the following: reduction of delinquent behavior, prevention of further gang involvement and increasing in academic achievement.

The S.T.A.N.D. Program offers a variety of FREE events, workshops, and recreational activities to youth between the ages of 12-17. The youth center offers the following recreational activities; billiards, board games, sports and field trips. Snacks provided daily.

#### Fair Youth Center Hours of Operation:

Monday-Friday · 3:00-6:00pm

Activity	Day	Time
Arts and Crafts	M/W	4:00-5:00pm
Tournaments	T	4:00-5:00pm
Cooking Class	Th	3:30-4:30pm
Field Trips	W	TBD (monthly)
Movie Day	F	3:00-5:00pm

### Youth Development

The S.T.A.N.D. Youth Development Group works directly with students at Yerba Buena High School. It provides a structured environment for youth in need of additional services such as, building self-esteem, dealing with choices and consequences, cultural awareness, mentoring and other prevention services. There are three groups conducted each year. Each group period is nine weeks long. Groups meet once a week for one hour on a rotating schedule from 3rd period and 4th period. Male students meet on Mondays and female students meet on Wednesdays. All referrals are received through the Student and Family Service Center. Snacks will be provided.

**Services Provided:** Follow up and referrals, Presentations, Parent Night (refreshments provided.)

**Supervisor:** Raul Perez

**Phone:** 408-288-8582

**Fax:** 408-297-8739



## Don't Miss Out!

Register early because a class may be cancelled if it does not meet the minimum enrollment.

## Gardner Community Center

520 W. Virginia St., San José, CA 95125

Phone: 408-277-4761

Fax: 408-277-4640

Supervisor: Tony Torres

Email: tony.torres@sanjoseca.gov

Bus Lines: 64 and Light Rail

Types of Programs: Senior nutrition, youth programs and fee classes.

### New Hours of Operation Schedule

Are you or someone you know looking for something to do on Saturdays? Beginning on Saturday, August 23rd, Gardner Community Center will be operating under a new schedule, to offer our programs and services to those with busy weekday schedules. Gardner will be open Tuesday through Saturday, and will be closed Mondays. The Saturday schedule will be: Office Hours of Operation, 9:00am-4:00pm. Youth Program/Game Room, 10:00am-2:00pm. Fitness Room, 9:00am-3:00pm. Computer Lab, 12:30-2:30pm. Please call Gardner Community Center at 408-277-4761 for further information.

## DROP-IN YOUTH PROGRAMS

### The Youth Program

**Free**

Tuesday – Saturday from 11:00am-3:00pm. The Game Room offers:

- Board Games
- BIG Screen T.V.
- Ping Pong Table
- BINGO
- Xbox
- Field Trips
- Play Station 2
- Arts and Crafts
- Intramural Sports Leagues
- Foos Ball

### Computer Lab

**Free**

Tuesday – Saturday 12:30-2:30pm

- Homework Assistance
- Quiet Area
- Internet Access
- Reading

### Additional Services offered

Parent Referral Services

Youth Intervention Referral Services

Sentencing Alternative Program

Community Service Hours (as listed in guide)

### Arts & Crafts

**Free**

Be creative! Each week will feature a new theme in which the youth will have fun and use their imagination as they work on a variety of projects such as, drawing, water colors, creating sculptures, beading and much more! Classes are held each Thursday from 4:30-6:30pm.

**Girl's Club****Free**

Join the Gardner Center Girl's Club learn new things and do fun activities such as, arts and crafts, fundraisers, community service, workshops and field trips. The girls will decide what types of services they will provide for the community as well as planning fun activities. The Girl's Club is free to join, however there may be a nominal fee for field trips.

**Gardner Youth Council****Free**

The meetings consist of discussing what types of activities individuals would like for their community center to offer, not only the youth, but to the public as well. The youth council not only provides workshops but it also tackles social issues that the participants feel are important to address. Participants will also learn key skills such as leadership skills and planning skills. The youth council meets on the 2nd Wednesday of each month from 4:00-5:00pm.

**Community Service Hours**

If you are a high school student and want to earn community service hours and have fun at the same time, you can! The services that will be provided by the community service volunteers are as follows: setting up the game room, cleaning the game room, help youth with their homework, help supervise the game room, etc. The Gardner Center also accepts individuals who are 14-18 years of age that are referred by court or sentencing alternatives.

**Seasonal Intramural Sports****10-18 yrs**

If you enjoy the spirit of competition, sports and meeting new friends, come out and play with us! Sports will vary throughout the year, which may include flag football, street hockey, volleyball, basketball and softball.

**Youth Community Service**

If you need to complete community service hours or just want to lend a helping hand, there are many opportunities available. For more information, call 408-277-4761.

## DROP-IN COMMUNITY PROGRAMS

**Gardner Advisory Council****Free**

The Gardner Advisory Council meets on the 4th Wednesday of every month from 7:00-8:30pm in the Arts and Crafts room. Come join us to come up with creative solutions to issues and concerns regarding the center and its programming, while improving the quality of life in the Gardner Community.

**Aztec Dancing (7+years)****Free**

This program is designed to reach out to new audiences with activities that appeal to diverse communities. The dances, which pay homage to nature (earth, wind, fire, and water), teach more than just history. An understanding and appreciation of these natural elements help to connect the dancers to the root of their being and to the essence of life itself. One that is grounded in nature and gives respect for all living things. This program meets on Wednesdays from 7:00-9:00pm.

**BailFolklorico Dance (8+years)****Free**

This program aims to promote creative outlets for youth, while increasing cross-cultural community interaction through folk arts. While the emphasis is in folk dance and music, students will be exposed to other traditional and contemporary art forms, such as story telling, games, lyrical poetry and cuisine. This program meets on Tuesdays and Thursdays from 5:30-8:00pm.

**Co-Ed Boxing (8+years)****Free**

Learn the basic fundamentals of boxing, such as punching, counter punching, defense and body movement. You'll attain an awesome workout, while developing self-discipline and teamwork skills. Wear neutral color clothing, sweat pants or shorts, and comfortable shoes. Instruction will be divided into basic and intermediate levels according to each participants' skill level and age. New equipment costs will be replenished as needed by participant donations. Participants must provide their own handwraps, mouth guards and jump ropes. The boxing class will run in a cycle of approximately four months, followed by a short break until the next session. Students will be required to reregister with each new session. The boxing class meets Mondays and Wednesdays, from 5:00-7:00pm. New session start/end dates may vary slightly due to holidays, etc., so please call 408-277-4761 and speak with a staff member for the latest info.

**Fitness Room (16+years)****Free**

The Fitness Room is open Tuesday-Saturday at 9:00am-12:00pm and 2:30-7:00pm. The Fitness Room offers the following:

- Treadmill
- Recumbent Bicycle
- Elliptical Bicycle
- Free Weights
- Universal Weight Machine
- Various Weight Benches

## ARTS & CRAFTS

**Creative Crafts****\$25**

Learn how to use simple materials of everyday use to create art! Sally has years of experience of craft making that captivates and entertains the mind of children of all ages. Many crafts evolve around basic ceramics, embossing, crystal art images, mask making and much more.

*Instructor: Sally*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.530	Sa	9/27-11/1	10:30-11:30am	7+	6	GR

## DANCE

**Latin Dancing****\$51**

Welcome to a class designed for club style salsa, meringue, samba and cha cha cha. We will be learning these dances with more latin styling of hand motions, foot placement and musicology. Not only will you be receiving ballroom influences but also the authentic rhythms of these dances to gain better understanding, fluidity and confidence of club dancing.

*Instructor: Garcia*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.509	Th	9/18-10/23	6:00-7:00pm	16+	6	GR



## DANCE

### Tahitian Dance

**\$50**

Learn the basics of Tahitian dance including hand and body movements, terminology, customs, songs and traditional dance routines. Wear comfortable clothes, a pareo (Polynesian sarong), or shorts and a tank. Be ready to have fun and work out.

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.510	W	9/17-11/5	5:00-6:00pm	8-12	8	GR
232.2.511	Sa	9/20-11/8	10:30-11:30am	13-17	8	GR

## MUSIC/THEATER

### Guitar Beginning and Intermediate

**\$58**

Learn the basics of playing guitar with singer songwriter Victor Perez. He'll teach basic chord progressions, rhythms and strumming. You will learn a few songs and be able to perform them for the class. No stress here, learn at your own pace while having fun. Victor will teach in English and Spanish. Please bring your acoustic guitar and a pad and pencil the first meeting. You'll have to take notes. There may be a book to purchase on your own.

**En Espanol: Clase de Guitarra** – Aprende guitarra con Senor Victor Perez. Le enseñar como tocar la guitarra por el primera vez. Le aprende unas canciones en espanol y ingles y tocarlos para la clase sin miedo. Por favor traigan su guitarra y lapis y papel para escribir notas. No hay que estresar en este clase. Solo para divertirse y pasar un buen tiempo con Senor Perez. Es posible que tienen que compra un libro de musica para este clase

*Instructor: Perez*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.512	T	9/16-10/21	5:00-6:00pm	14+	6	GR

### Karaoke Club

**\$33**

Join us as we develop and learn singing basics. Learn some vocal drills and do's and don't, then jump right on in. We'll do karaoke for the majority of the time. We'll touch on big band, country western, pop, R&B, latin, mariachi and oldies. No fear here, we're going have fun. This will be a low stress relaxing atmosphere including: beginning and intermediate singers. You may bring your own G-rated CDs if you like.

*Instructor: Gutierrez*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.513	W	9/17-10/22	5:30-6:30pm	13+	6	GR

### Latino Theater

**\$40**

Learn the basics of theater, acting, and improvisation. A dynamic theater experience with an emphasis on Latino culture. Instructor Victor Perez has performed with Teatro de Los Pobres for 25 years. He is a skilled musician and vocalist and performs professionally with his own orchestra. For more information please call Gardner Center.

*Instructor: Perez*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.514	T	9/16-10/21	4:00-5:00pm	10-17	6	GR

### Learn Guitar with Grandma Mary

**\$40**

Learn guitar basics, including chord progressions and strumming. Grandma Mary will also teach simple songs in Spanish and English. A book may be required with separate charge. Learn to tune and take care of your instrument. This is a relaxed no stress class. Must bring your own guitar.

*Instructor: Garcia*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.515	T	9/16-10/21	3:00-4:00pm	12+	6	GR

### Viva Mexico! Si Senor!

**\$35**

Introduction to the elements of singing. No need to be shy. This will be a fun class dedicated to having each student sing on his/her own. We'll cover posture, breathing, vocal production, and articulation with an emphasis in Mariachi music. Bring a smile and come prepared sing Mariachi style. Class is taught in both Spanish and English.

*Instructor: Molina*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.516	T	9/16-10/21	6:00-7:00pm	10+	6	GR

## SPORTS & FITNESS

### Karate – Beg/Intermediate

**\$29**

This is a traditional Japanese style of Karate that combines Japanese style culture, philosophy, history and language. Katas (forms) and tournament style kumite (sparring) are taught. Class includes self-defense and stresses the importance of self-confidence and mental discipline. All levels are welcome. Please see instructor for clothing and equipment requirements. An exam fee is additional.

*Instructor: Camp Carter*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.517	F	9/19-10/10	5:00-5:55pm	5+	4	GR
232.2.518	F	9/19-10/10	5:00-5:55pm	5+	4	GR

### Little Ninja Fitness Fun

**\$29**

This fun-filled class will give a child a great workout! Each little ninja will learn basic warm-up exercises, karate moves and fitness exercises. This is a great way to give your tot the chance to use their energy in a positive way. Uniforms, testing, and belts certification will be explained by the class instructor.

*Instructor: Camp Carter*

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.519	F	9/19-10/10	4:00-4:55pm	3-5	4	GR
232.2.520	F	9/19-10/10	4:00-5:55pm	3-5	4	GR

## ANTI-DISCRIMINATION POLICY

It is the City of San José's policy to afford all persons equal opportunity by prohibiting discrimination in City's programs against any person on the basis of race, sex, color, age, religion, sexual orientation, actual or perceived gender identity, disability, ethnicity, or national origin. It is the City's policy/goal to expand opportunities for people with disabilities to participate in City services, programs and facilities.

**Aerobic Kickboxing \$29**

Want a high energy, fun way to exercise? Then this class is for you! Aerobic kickboxing is great for toning muscles, strengthening your cardiovascular system and losing weight. Wear loose fitting clothing.

No Class 10/31

Instructor: Camp Carter

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.521	F	10/10-11/7	6:00-6:55pm	16+	4	GR
232.2.522	F	10/10-11/7	6:00-6:55pm	16+	4	GR

**Mommy/Daddy & Me Soccer \$42**

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field, so in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines. **Rainout Hotline:** 1-800-871-2275.

Instructor: Kidz Love Soccer

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.523	Sa	9/20-10/11	9:30-10:00am	2-4	4	BB

**Hip Hop Class \$60**

Learn the basics of Hip Hop dance and then learn to turn it up a notch. Professional dancer, choreographer, fitness trainer and rapper Grady Turner will instruct the basic moves and get you ready for the dance floor. The class will also be as much fun as you can have and get great exercise at the same time. Dress comfortable with loose clothing. Guys and gals all ages welcome. Come on let's dance!

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
236.2.525	T	9/16-11/4	5:30-6:30pm	10-18	8	GR

**SPORTS LEAGUE****Intramural Flag Football League \$10**

Gardner Center is looking for any middle or high school youth who are interested in joining our flag football teams, and competing against other community centers in an 8-week season. There will be two teams/leagues, one for middle school (11-14 yrs old) and one for high school (15-18 yrs old. 18-year olds must be enrolled in high school). Practices will be held after school twice a week, and games will be played on Saturdays, from 9/27-11/15. This is an ideal activity for those looking for something to do after school. Teamwork, responsibility, and community involvement are heavily stressed as part of the program. Please Contact Avan Duong at 408-277-4761 for further information.

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.527	Sa	9/27-11/15	9:00am-1:00pm	11-14	8	GR
232.2.528	Sa	9/27-11/15	9:00am-1:00pm	15-18	8	GR

**Elementary Co-ed Flag Football League \$30**

Join us for a 6-week season of non-competitive flag football for K-5 children. The league will cover the fundamentals, good sportsmanship, teamwork, while having fun. Games and practices will be held on Saturdays, from 9/27-11/1 The first meeting will be a clinic on football fundamentals. League fee covers use of equipment, and a t-shirt and certificate for each participant.

Course #	Day	Date	Time	Age	Mtg.	Loc.
232.2.529	Sa	9/27-11/1	9:00am-1:00pm	5-10	6	GR

**Grace Community Center**

484 E. San Fernando St., San José 95112

Phone: 408-293-0422

FAX: 408-277-2474

Director: Lisa Blevins, Ph. D

Email: [lisa.blevins@sanjoseca.gov](mailto:lisa.blevins@sanjoseca.gov)

Bus Lines: 22, 64, 72, 73, 300

**Types of Programs:** Grace Community Center is a therapeutic recreation center. All classes are designed specifically for adults with mental disabilities. To participate, individuals must be eligible for and enroll in the GCC Program. All classes are ongoing and free to GCC members. Please contact center to confirm times/days of classes prior to attending, as they are subject to change.

To view the listing of programs offered at the Grace Community Center, please see pages 38-41 under the heading *Mental Health* or go to our website at [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns). Click on centers, then click on Grace.

The City of San José provides a wide range of programs and services for persons with disabilities.

**Grace Community Center is a therapeutic recreation center. All classes are designed specifically for adults with mental disabilities. To participate, individuals must be eligible for and enroll in the GCC Program. All classes are on-going and free to GCC members.**

**Volunteer San José**

**Interested in volunteering? There are dozens of opportunities for families, community groups, neighborhoods, business and employee associations and residents of all ages to volunteer as a group, or individually. You can prune roses, read to children, pick up litter, paint over graffiti, work with animals, help at Christmas in the Park or run a giant Monopoly game... to just name a few! Your time commitment can be as much or as little as you can spare. Call "Volunteer San Jose" at 408-535-3500 and join thousands of others who are connected to the community. Get involved, become a Volunteer! YOU CAN MAKE A DIFFERENCE!**